

Mental Health is made in Communities

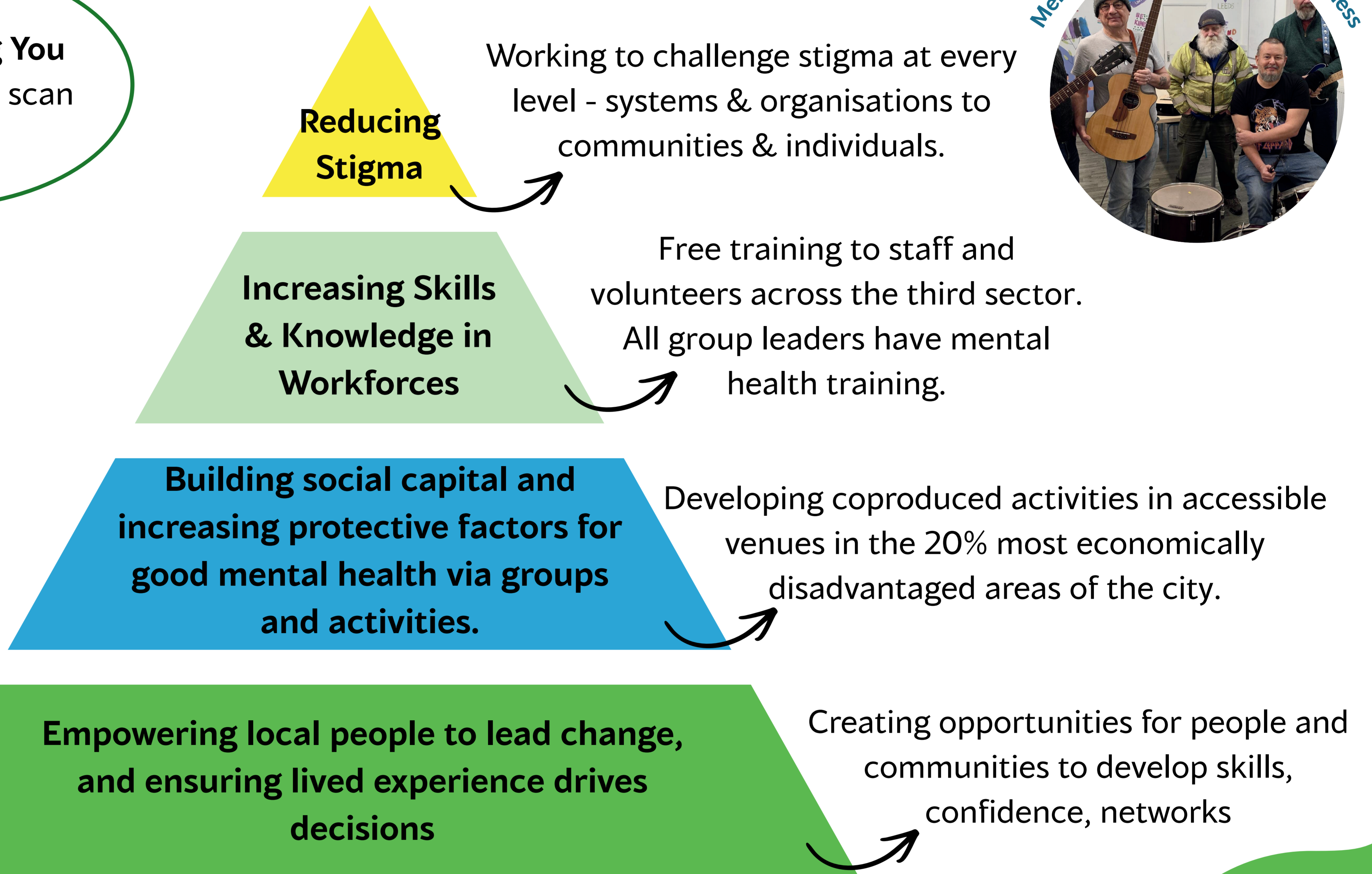
The Being You Leeds Approach to Wellbeing

Being You Leeds, commissioned by Leeds City Council Public Health and led by Touchstone, is a partnership of nine third sector organisations delivering a city-wide, evidence-based programme to help people stay mentally well. It offers free groups and activities, training, and delivers approaches to reduce stigma. It prioritises communities experiencing the greatest need, tackling issues such as isolation by creating opportunities for people to build local connections and access support. Each partner organisation brings specialist expertise and a unique offer, creating a diverse range of support. The partnership is made up of: Touchstone, Barca, Hamara, Health for All, Holbeck Together, LS14 Trust, Women's Health Matters, Inspire North and Humans Being.



To access **Being You Leeds** Timetable scan here

Being You Leeds Model



Change the Narrative is a city-wide campaign and strategic partnership that challenges and eliminates mental health stigma across communities. Shaped by lived experiences, it aims to normalise mental health conversations.



Key Principles

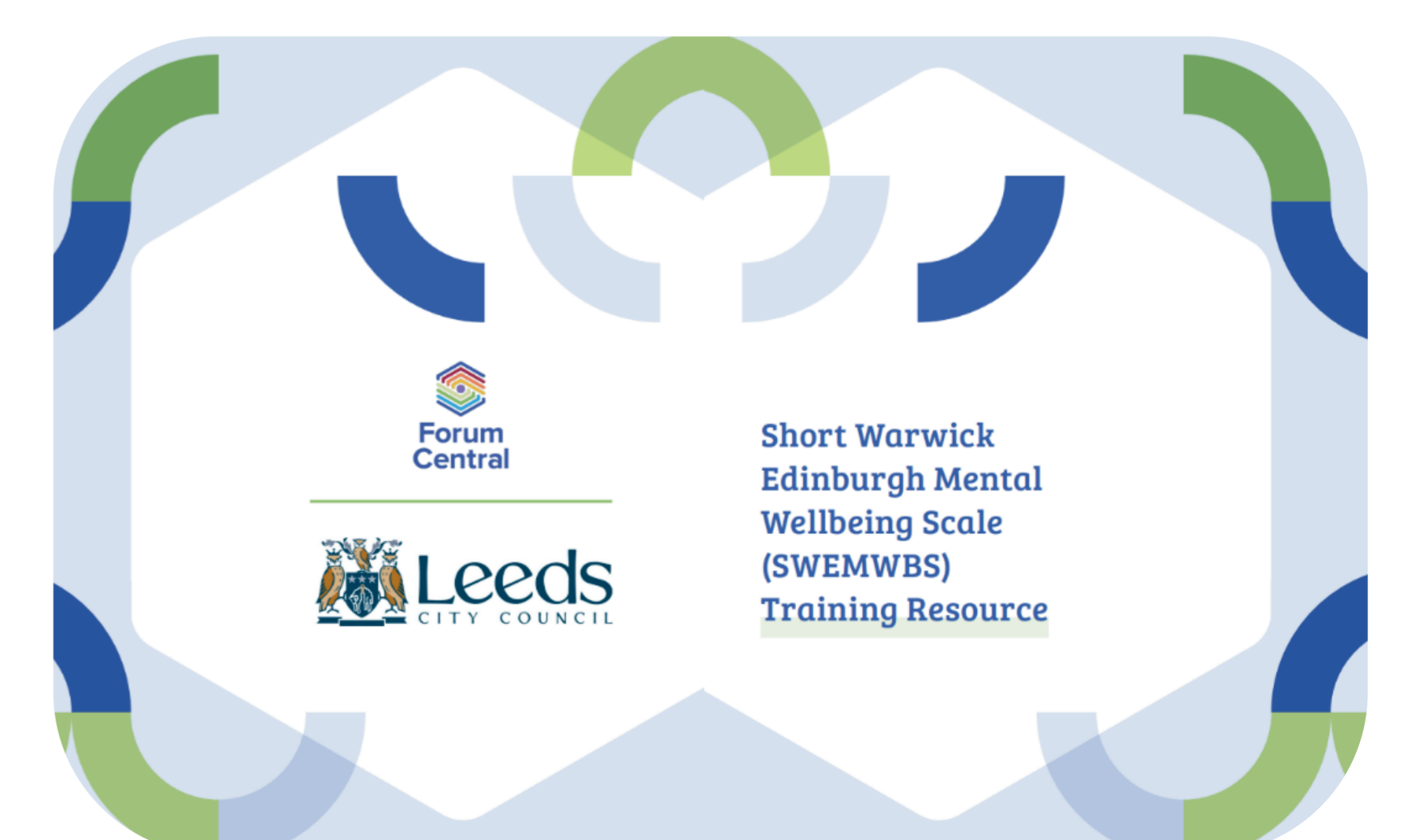
- Long-term funding**
Allows for quality improvement, testing what works, trust to grow
- Targeted Approach**
Focusing on the 20% economically disadvantaged areas and priority groups.
- Accessible delivery**
7 days a week, including evenings and weekends
- Developing Community Skills**
Creating opportunities for people and communities to develop skills, confidence, networks.
- Co-produced with communities**
Culturally responsive and needs-led, responding to gaps
- Non-Clinical Approaches**
Non-clinical and social approaches to mental distress can tackle some of the major factors.
- Trusted Community Partners**
9 established grassroots organisations with strong community relationships
- Rebuild Social Capital**
Local Authorities have the responsibility to ensure most economically disadvantaged communities have opportunities to thrive.
- Demonstrating Impact**
Using SWEMWBS; a statistically and clinically validated tool to evaluate effectiveness

Leeds City Council Public Mental Health team supports organisations to demonstrate the effectiveness of interventions through tools including SWEMWBS, empowering organisations to advocate for a preventative approach.



SWEMWBS

At a population level, **Being You Leeds** interventions demonstrate a statistically significant improvement in wellbeing.



Case Study

Coffee, Cake and Craft is a relaxed evening group for people aged 16+, offering social and creative opportunities. George joined after struggling to find an art group. Once an accomplished artist, photographer, and poet, tremors and brain surgery affected his abilities, and funding cuts to a local class left him isolated. Since joining the group, George attends regularly, brings his own work, and encourages others. The group has helped him feel less isolated, reconnect with painting, and share his skills in art, poetry, and photography, adding a new dimension to the group.

